



Swim Conditioning – 850m (Efforts)

Warm Up – 50m freestyle

Conditioning

4 x 75m OT90"

Rest 2'

25m Sprint w 3:1 (If it takes you 20" then rest 60")
x5 reps

Rest 2'

25m Sprint w 3:1 (If it takes you 20" then rest 60")
x5 reps

Rest 2'

50m Hard Effort w 2:1 (if it takes you 40" then 80" rest)
x4 reps

Cool Down – 50m freestyle

Total Volume = 850m

